

# Take Your Mind to the Gym

A series of short mindful meditation workshops



5 one-hour sessions that will include sitting, standing and walking meditation exercises.

Over the course you will explore daily mindfulness practices such as:

- Calming breaths
- Noticing negative thoughts & finding positive ones instead
- Relaxation and allowing yourself to feel warm and safe

To be held at  
The Banstead Centre  
The Horseshoe  
Banstead SM7 2BQ  
The sessions start at 10am and end at 11am  
And will take place on  
18/06, 25/06, 09/07, 16/07 & 23/07

To join, you need to register with Mary Frances Trust  
You can contact MFT by:  
Tel: 01372 375400, Text: 07929 024722

email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

*Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery*